



Picking for Beginners Exercise: Lesson 4

By Christopher Schlegel

In this lesson we will combine the downstroke and the upstroke into a technique called alternate picking.

Again, this can be difficult to control as a beginner. But with enough practice it will form the basis of good and proper picking technique. And that is an absolutely invaluable skill for any guitarist to have in their toolbox!

Happy picking!

Picking Technique For Beginner Scale Exercises
Alternate Picking - Lesson 3

The image displays a musical score for a guitar exercise titled "Alternate Picking - Lesson 3". The score is presented in two systems, each consisting of a musical staff, a guitar tablature (TAB) staff, and a picking pattern row. The music is written in 4/4 time and features a sequence of notes that ascend and then descend across the systems. The notes are marked with red numbers 1 through 12, indicating fingerings. The TAB staff shows the fret numbers for each note, with '0' representing the open string. The picking pattern row uses 'V' for down-pick and 'v' for up-pick, alternating between the two. The first system covers measures 1 through 6, and the second system covers measures 7 through 12. The exercise concludes with a double bar line at the end of measure 12.